



**CENTER DAY 2018 SCHEDULE**  
**EAST-WEST MEDITATION PROGRAM**  
**FR. GREG MAYERS, C.Ss.R., TEACHER**

**Day of Practice and Community**  
**for those using a meditative discipline**

**Meeting on the first Sunday of the month**

February 4, March 4, May 6, June 3, July 1, August 5, and December 2

**SCHEDULE UPDATE: September 2 and October 7 are CANCELLED.**

No Center Day meetings in January, April, September and November.

**Sample Center Day Schedule**

9:00 am	Meditation	Rose Room
9:30 am	Interviews with the Teacher	Bonsai Room
10:30 am	Walking Meditation	Rose Room
11:00 am	Meditation	Rose Room
11:30 am	Eucharist	Rose Room
12 Noon	Potluck Lunch	Birch Room

**Center Day** is part of the ongoing East-West Meditation program at Mercy Center Burlingame. Individual interviews with the teacher are available throughout the morning.

A \$20 donation is suggested to support the program (make checks payable to Mercy Center); however, any donation you are able to contribute is gratefully accepted. Your *presence* is most important.